

My Hardy's

We'll get you feeling good!



Inside:
12 STEP GUIDE
to looking &
feeling your
very BEST!



Spring into shape

Now is the perfect time to prepare for summer with a combination of Good Health Body Cleanse, a dual detox system and Good Health Gut Guard for gut support.



GOOD HEALTH BODY CLEANSE

A total detox for the liver, bowel, kidneys, blood and skin, aiding cleansing and elimination. Supporting toxin removal, digestive concerns, skin health issues and weight management.

\$34.95



GOOD HEALTH GUT GUARD

Helps protect and support the gastrointestinal lining, for long-term maintenance of a healthy digestive system. Containing GutGuard® that supports intestinal immune health and probiotic compatibility, as well as EpiCor® to support good bacteria in the gut and digestive immunity.

\$36.95

12 steps in spring



Of all the seasons, Spring has to be my favourite. After a long sleep, the earth wakes, bringing with it an explosion of vibrancy and colour, life and song that nourishes and lifts the spirit; a reminder that even after harsh times, there is always renewal and growth.

As the days slowly begin to lengthen, signs of new life burst from everywhere. The ground celebrates by producing a vibrant vista of white, yellow, orange, purple, crimson and green; beautiful golden kowhai, gorgeous blossoms and seedlings appear, while birdsong and baby animals pepper the land, bringing with them a sense of hope, renewal, revived energy and vibrancy. Spring is the perfect time to rejoice and refocus. Even the simple act of taking a walk outdoors will leave you feeling more rejuvenated.

This special Spring edition is a celebration of all that is good in your life, with 12 simple steps to enhance your health and wellbeing naturally, starting with practicing gratitude towards this beautiful place we call home. Enjoy your personal journey to feeling and looking your BEST!

Love and Light,

Diana Burgess - Naturopath

Proudly produced by
PUMPT
ADVERTISING

CONTENTS

- 4 Introduction to spring edition
- 5 Detox the toxins / Laughter is the BEST medicine
- 6 Amp up your greens
- 8 Restorative sleep naturally
- 9 Inner health creates outer vibrancy
- 10 Make good fats your friend
- 12 Different sources of protein
- 13 Eat from all the colours of the rainbow
- 14 Listen to your gut
- 16 Hydration for a youthful glow
- 18 Exercising outside in spring
- 19 Support immune health

diana
burgess
naturopath

Welcome to a new way of experiencing your health and wellbeing.

Diana is a Naturopath and Adv. Hemaview Practitioner with over 30 years experience in the health industry. Her wealth of knowledge and fresh viewpoint guides her patients towards their optimal wellbeing, naturally.

Whether you need help with hormonal health, digestive wellness, stress support, or if you just feel you need a boost, go to dianaburgess.co.nz and book your initial comprehensive consultation. Telehealth consults available for distant patients.

Discover how to feel your BEST naturally!

Women's Hormonal Health and Wellbeing Seminars

Coming soon to a Hardy's Store or Hub near you.

COME AND SEE US AT YOUR LOCAL HARDY'S STORE

Hardy's Kerikeri

69 Kerikeri Rd (09) 401 7126

Hardy's Whangarei

41 Cameron St (09) 438 3188

Hardy's Glenfield

Shop 5205, Glenfield Mall (09) 443 1896

Hardy's Whangaparaoa

The Plaza, Whangaparaoa Rd (09) 424 3882

Hardy's NorthWest

Northwest Shopping Mall (09) 416 9605

Hardy's Taupo

37 Horomatangi Street (07) 378 9057

Hardy's Paihia

Shop 1, Selwyn Mall (09) 945 8394

COME AND SEE US AT YOUR LOCAL HARDY'S HEALTH HUB

My Pharmacy Papamoa

Papamoa Plaza, 7 Gravatt Rd (07) 572 0355

Anglesea Pharmacy

9 Thackeray St, Hamilton (07) 839 3999



12 steps

Say goodbye to winter and learn to feel your BEST with my 12 easy steps to looking and feeling fabulous this spring and beyond.

Don't wait til that right time, start today!!! Simply work on one step at a time. Once it feels like part of your everyday life move to the next step.

If you already do most of the steps but have recently taken a few steps backwards, make a plan to reset. Make a few tweaks and start again.

The great thing about life is we get a chance every day to start again.

Remember the 8% rule from our Summer Mag.

If you aren't familiar with it you can read the article online by going to: www.hardy's.co.nz and click on **Magazines - Summer 2019**.

With my 12 steps and the power of 8% you will be looking and feeling younger in no time at all.

01 Detox the toxins



The digestive system, including the liver, is both self-running and self-healing, yet because this amazing system works automatically, the average person knows very little about it. Hence, we often do very little to nourish and take care of it, often only worrying when symptoms start presenting. These can include feeling bloated, excess gas, body odour, feeling heavy (not only in the gut but throughout the body), irregular bowel motions, unexplained fatigue and generally just not feeling or looking your vibrant self.

In an ideal world we should never need to detox, however our world and lifestyles choices can be far from ideal. Convenience foods on the run, liver loaders like that morning coffee and/or evening wine, or treats like chocolate can often stand in the way of optimum health. The path to feeling fantastic starts with nutritious food that is digested and absorbed efficiently, with waste removed effortlessly.



SOLGAR MILK THISTLE

Used in traditional practice for thousands of years to detoxify the body and liver as it has strong antioxidant properties, countering the effect of over-indulgence of food and drink.

I personally find that a detox each spring is the perfect way to reset my focus, reduce the toxic load and give me my bounce and vibrancy back.

Ask one of our Hardy's experts to help find the right detox for you.



NOW® EASY CLEANSE

A digestive cleansing program that supports the body's own detoxification mechanisms, easing the elimination of toxins from the body by supporting liver and intestinal function.

Natural Health Trading, Auckland

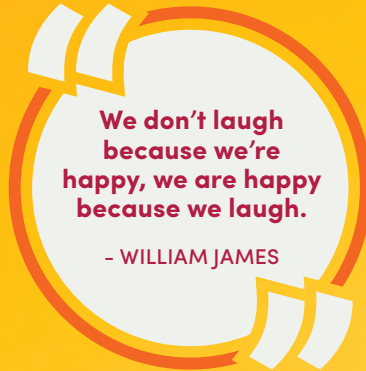
02 Laughter is the BEST Medicine

Remember how good it felt the last time you had a really good belly laugh? While scientists worldwide are still discovering the health benefits of laughter, it's well known that **smiling and laughing are one of the cheapest forms of therapy** – and definitely one of the most fun!

Like meditation and yoga, laughter has the power to completely change your day. It soothes tension, relieves pain, improves your immune system, burns calories and increases blood flow. It enhances our intake of oxygen-rich air, stimulates our heart, lungs and other muscles, and increases our sense of feeling good. Laughter yoga is often used to treat anxiety, and many people report an improvement in their physical, mental and emotional wellbeing if they find time to laugh every day.

That's all very well you might say, but what happens if you don't really feel like laughing? This is one of those times when 'fake it 'til you make it' runs true.

Studies have shown that even 'fake' laughing can elevate your mood, so even if you aren't feeling particularly cheerful, just start smiling anyway. Remember, we all love a good laugh and there's no such thing as a bad one – and there are some wonderful uplifting and adaptogenic herbs that can help when any form of laughing is the last thing you feel like doing.



HARDYS RELAXATION SPRAY

Formulated by our Hardy's Experts as an easy to use spray providing support for a healthy stress response during times of acute stress, trauma, anxiety and worry. Great for any age.



HARKER HERBALS STRESS RELIEF

We've sourced Iranian Saffron for this formulation, which has published studies that a dose of 30mg per day significantly relieved feelings of worry and lifted mood within 1 week.

Always read the label and use as directed. If symptoms persist see your healthcare professional. Vitamins are supplementary to a balanced diet.



03 Amp up your Greens



I like my patients to understand that there are only **3** basic food groups in the world, each of which we need, in one way or another:

Confused about carbs?

Depending on who you listen to, carbs are either an essential source of energy, or the devil incarnate. With so many mixed messages, it's no wonder it's hard to know whether we should be eating carbs - and if so, which ones.

Carbohydrates provide us with energy, and are one of the mainstays of a balanced diet. However, some modern iterations of diets such as keto and paleo, have caused many people to question whether they should be eating them.

Not all carbs are created equal: Whole carbs, found in vegetables (yes, ALL vegetables!), whole fruits and whole grains have a very different effect on the body than refined carbs like; sugar sweetened beverages, white bread, white pasta, white rice and heavily processed foods. The latter spikes the body's sugar levels, then falls, leaving us feeling tired and crabby.



1

PROTEIN:

Our bodies need this to maintain and repair tissues; children need it for growth. Protein is found in meats, dairy, eggs, fish, some cheeses, lentils, almonds and other plant based proteins like pea protein and spirulina.



2

FATS:

These help the body store energy, use some vitamins and keep our skin healthy. There are several fat types, some of which are essential (healthy fats), some harmful. 'Good fats' are found in foods such as: avocado, chia seeds, oily fish, flaxseeds and nuts, to name a few.



3

CARBOHYDRATES:

If it's not a protein or a fat, it's a carbohydrate. Whole carbs, especially green veggies (my personal favourite), are loaded with nutrients and fibre, and help keep our blood sugar levels steady. Choose oats, potatoes, quinoa, beets, pulses, bananas and of course those greens, over refined, processed carbs.



Some people find a diet lower in carbohydrates works for them, especially people with Type 2 diabetes, obesity and certain metabolic issues. Your Hardy's expert will be able to guide you on which options may work for you. It's important to remember though - carbs by themselves, when consumed healthily, don't cause obesity. A good, balanced diet will include protein, fat and carbohydrate together!

Nuzest, Auckland



NUZEST GOOD GREEN VITALITY

A comprehensive multi-nutrient formula with over 75 real-food, premium quality ingredients. Packed full of nutrients, Good Green Vitality may help boost energy, nourish the body and support a healthy immune system.



Lifestream, Auckland

LIFESTREAM KETO GREENS WITH COCONUT MCT

A blend of certified organic barley and wheat grass grown in the South Island sunshine on the Canterbury Plains of New Zealand with the added goodness of MCT. For everyday energy and vitality.

Always read the label and use as directed.
If symptoms persist see your healthcare professional.
Vitamins are supplementary to a balanced diet.

A new study showed that eating **cruciferous vegetables** such as broccoli, brussels sprouts, and cabbage, may **protect against a build-up of calcium in the arteries**. Another great reason to amp up your daily intake of greens!

NZ made *Effective* Hormonal Support

HERBAL FORMULA DESIGNED TO:

- Support women's hormone levels during menstruation
- PMT
- Pre-menopause and
- Menopause.



Femplex 90VC



Prosgenia A 60VC & B 60VC



SUPPORT FOR:

- Urinary flow
- Urinary frequency at night
- Prostate health
- Prostate function

- AS WELL AS:
- Immune function
 - Healthy estrogen metabolism
 - Healthy urinary & Prostate tissue

Natural Health Trading, Auckland

Xcel health
Creating Health. Naturally.®

Restorative Sleep Naturally

There is nothing quite like the feeling of waking up totally refreshed and rejuvenated from a great nights sleep. Our overall health is essentially that of our trillions of cells. Cellular repair mainly takes place when we sleep, so it makes sense as to why sleep is so important. The problem is many of us rarely manage to achieve this, well naturally anyway. When we sleep restoratively our nervous system is calmed, cells repaired, food digested and liver detoxified. Moods are enhanced, adrenals replenished, skin is more vibrant, even our immunity improves. In fact everything just works and feels better. You only need to ask a new mum or a shift worker what it feels like to operate on little or no sleep. You may even remember that feeling yourself.

To look and feel younger and to function at your optimal BEST, make sleep your number one priority. That means sleeping naturally without the aid of sleeping pills. They are okay for short periods, but are only a band aid – they don't allow for a deep restorative sleep and rarely get to the cause of the problem.

To improve your sleep, start off by making a plan that works for you and implement the **golden rules**.

GOLDEN RULES FOR A GOOD SLEEP:

- Reduce caffeine
- Don't drink alcohol
- Avoid bright screens two hours before bed
- Take a warm bath with relaxing essential oils and epsom salts
- Ensure your bedroom is a sleep promoting environment that includes reducing light and noise
- Drink herbal tea - choosing a tea with Chamomile can help relax and soothe nerves
- Go to bed within one hour of your normal schedule or when sleepy
- Create an evening routine
- Keep your bedroom as a space for sleeping only - no T.V.
- Exercise! Activities that get your heart rate up can improve sleep
- Generally get up at the same time every morning
- Try a guided sleep meditation



There are some wonderful herbal teas, supplements and sleep sprays that improve sleep quality. These are non-addictive and work on helping you get that great nights sleep, when you wake up ready to bounce out of bed to greet the day.



ETHICAL NUTRIENTS TRIPLE ACTION SLEEP SUPPORT

A wonderful formulation during times of stress and sleeplessness, that contains traditional Western and Chinese herbs that support you: 1. To get sleep, 2. To stay asleep, 3. To have a quality sleep.



Metagenics, Auckland



HARDYS SLEEP SPRAY

Formulated by our Hardy's Expert Naturopath and Homeopath to help calm busy overactive minds while supporting the nervous system for a deep restorative sleep which overtime may help to support healthy sleep habits. Ideal for the whole family including teenagers and younger children.



ARTEMIS DEEP SLEEP TEA

Your Daily dose of wellness.
Sleep is essential for overall good health. This expertly formulated organic tea supports falling asleep and a restful full night's sleep. Suitable for regular long-term use, it includes Valerian, Passionflower, Lemon Balm, Hops and Licorice.

Artemis, Dunedin



05 Inner health creates outer vibrancy...

KEY TIPS TO HAVING HEALTHIER, VIBRANT SKIN:

Healthy skin starts from within. It is the biggest organ in the body and one of the most important detox pathways, so it stands to reason why it is such a great indicator of our overall health and wellbeing. Yes, great makeup can hide a multitude of sins for a short period of time, but believe me when I say, the key to looking vibrant and slowing down the ageing process lies in how we take care of ourselves during the months, and even years, preceding that.

- ★ Nourish your body with whole foods from all colours of the rainbow, good fats and quality protein. Then watch as your skin and eyes become clearer and brighter.
- ★ Hydrate your skin by reducing caffeine, alcohol and increasing your water intake. Skin becomes plumper and appears less lined and more youthful.
- ★ Getting a regular 7-9 hours of restorative quality sleep rejuvenates your skin.
- ★ Following a fabulous natural skincare regimen smooths, hydrates, repairs and enhances skin.
- ★ Covering up when out in harsh sunlight and applying a quality natural sunscreen helps protect against sun damage.
- ★ Taking quality supplements like collagen or hair, skin and nails formula can slow down the ageing process.
- ★ A regular spring detox helps replenish and illuminate the skin.



DR ORGANIC PRO COLLAGEN PLUS+

A beautiful moisturiser based on a unique pro-collagen complex rich in biotin and hyaluronic acid – proven* to increase skin hydration by over 50% after 2 hours. Containing blackberry leaf extract to aid the natural production of elastin, your skin will be left with enhanced elasticity and will feel hydrated and nourished.

*based on a cosmetic study of twenty individuals.

Remember:
Inner health creates outer beauty naturally!

Do you want to UNLOCK THE SECRET to youthful aging?

NEOCELL
TRUE SCIENCE OF COLLAGEN

Although abundant in our youth, the body's natural collagen production typically declines after the age of 25, resulting in the tell-tale signs of aging, including wrinkles, dry skin, thinning hair and joint problems. Time, stress, toxins, all take their toll.

Supplementing with scientifically researched **NeoCell® Super Collagen** is one of the most fundamental things you can do to support the war against premature aging for strength, radiance and youthful vitality. When you provide your body with the building blocks it requires, you allow collagen fibres throughout the body to be replenished, supporting structural integrity, resilience and flexibility that you can rely upon daily.

Add spring to your step - rebuild, renew, revitalise. Let NeoCell® be a part of your natural beauty routine, your body will love you for it!

Always read the label and use as directed. If symptoms persist, see your health care professional - NaturalMeds, Napier.

15% OFF
SUPER COLLAGEN RANGE





06

Make Good Fats your Friend

We all know the reasons behind healthy eating – so why on earth do we keep making bad food choices, especially when we are under stress and should be boosting immunity, not depleting it?

Humans are great at actively making decisions that harm, especially when it comes to our health. The fatty fried chicken, the box of chocolates, the greasy burger. They may taste good at first, but we know we're going to pay later. I find my patients who routinely deprive themselves of good fats, often end up craving bad fats, sugar and carbs. It's nature's way of making sure we get everything we need.

The act of knowingly doing things that aren't in our best interests is called akrasia. And let's face it – we all do it. Sure, you could make something healthy at home, but when you're sad, tired or stressed, you pick up the phone for takeout, or stick a spoon into the

ice cream tub. Some say making that choice is the result of a lack of willpower – but is it?

There's often a disconnect between what your body actually needs, and what your mind tells you it needs. Thousands of years ago, if your body perceived a salt deficiency, you'd reach for shellfish or rock salt. These days we're more likely to grab a bowl of salty chips or a burger. If you want something sweet, we pick up the chocolate or sweets, when fruit (or even a fatty meal, say some scientists) would work just as well. Because these foods are stored in our memory bank as containing the flavour we're craving, it becomes our go-to.



Next time you're craving something, think about what your body actually needs, not what your mind auto-selects. A beautifully nutritious super smoothie that includes fruit, greens, quality protein and plenty of good-fats, or a seasoned steak and salad with avocado and a drizzle of Hemp Oil, will satisfy far more than a greasy burger. A good rule of thumb for sweet flavours is an apple. If you don't want an apple, simply drink some water. It really works!

OMEGA-3 INDEX TEST IN-STORE
 This test measures the amount of omega-3 fatty acids from a droplet of blood.
 Ask about it today at your local Hardy's store!



SOLGAR® WILD ALASKAN SALMON OIL

Providing the full spectrum of omega fatty acids, helping you to increase your intake of good fats to support a healthy heart. It also includes Vitamin D3 to support your immune system and Astaxanthin. A complex carefully prepared for optimum purity and potency and nourishing the whole body.



Still Hangry?
 If you find cravings and "hangry" feelings are becoming a real issue, start off by eating more good fats and add an Omega 3 supplement to you daily regime. Keep a food diary and speak to a Hardy's expert about solutions that can truly help.

20% OFF
 High Strength Omega-3*



NEW High Strength Vegan Omega-3

A pure and direct source of Omega 3
 Lifestream High Strength Omega 3 is taking plant algae omega 3 to the next level with 1800mg of omega 3 per serve. A vegan plant algae oil with a daily ultra-dose of 700mg DHA. High Strength Omega 3 1800mg is a pure and direct source of omega 3 that supports mental focus and cognition.

Plant algae provides higher levels of DHA supporting optimal brain and neurotransmitter health. Our brain naturally contains up to 90 percent of DHA fatty acids. The DHA content within our brain is 200-300 times higher than other fatty acids. There is a constant high demand for DHA within the brain just for our normal everyday cognitive function.

Plant algae and sustainability
 Lifestream High Strength Omega 3 1800mg is sustainably sourced, free from fish and has no smell or aftertaste. Containing a concentrated 1800mg dose of ultra-performing and naturally extracted OmegaVie® algae oil.

All the health benefits of DHA
 DHA is not only scientifically researched to help support a healthy brain and optimal neuron function, but eye, joint, health, mood and recovery are all part of DHA's natural health benefits. The vital health supporting properties of DHA plant algae are far reaching, helping our complete well-being, alongside supporting mental focus and cognition for better results.

The superior performance of plant algae
 OmegaVie® allows superior organoleptic performance meaning it has no bad smell and won't leave you struggling with that all too common aftertaste that omega 3 can have.



by Sharlene Bennett BHSc
 Lifestream Naturopath

Visit us at lifestream.co.nz [lifestreamwholefoods](https://www.facebook.com/lifestreamwholefoods) 100% New Zealand Owned

Lifestream International Ltd, Auckland. Always read the label and use only as directed. Supplementary to a balanced diet. *While stocks last.



07 Consider Different Sources of Protein

We all know the importance of protein as a healthy component to a balanced diet. Our bodies need and use protein to build, repair, rejuvenate and nourish. When many of us think of protein, we think of the most obvious – meat, red or white. Meat may commonly be considered the BEST source of protein, however more recently research indicates that there are many other foods that pack a protein punch with extra health benefits, and that some contain even more protein per gram than the humble steak.

Try these alternatives:

SPIRULINA

This superfood wins when it comes to the amount of protein per gram with 58g of protein in 100g of spirulina. A type of cyanobacterium, or natural algae, spirulina is one of the most dense wholefoods around.

FISH

Some would argue that fish counts as meat, but, contentious food groupings aside, fish has the most protein for the least calories. Salmon, tuna and cod have 1g of protein per 4.1 calories as well as their healthy omega 3 fats. A super food in my mind.

EGGS

Eggs are one of the healthiest, most nutritious foods on the planet and are a fantastic source of protein. While whole eggs are 13% protein, egg whites are almost completely protein. Not only that, the protein in eggs is in an easily digestible form.

PLANT BASED PROTEINS

There are some fabulous plant-based protein powders, such as Golden Pea, available to add a protein boost to your morning cereal bowl or smoothie. Derived from nature, low in fat and easily digested, these proteins are a great alternative to whey. Fantastic for the whole family and their non-acidic qualities are an added advantage for athletes, both social and professional.

PUMPKIN SEEDS

Otherwise known as pepitas, pumpkin seeds have 33g of protein per 100g. A great way to add protein to your salad, cereal, quiche or smoothie bowl.

NUTS

Nuts are proof that good things come in small packages and almonds, cashews and pistachios have the lowest amount of fat and highest proportion of protein.

As part of your Spring Wellness Plan my advice is to try a variety of proteins. Consider meat free days, you might be surprised at how much lighter and better you feel. Remember your body knows BEST, and what works for one may not work for another. Listen to your own body and let its wisdom guide you.

Other foods to consider adding to your diet that provide protein include hemp and soy.



NUZEST CLEAN LEAN PROTEIN

A complete pea protein for vitality, recovery, repair and muscle growth. 100% plant-based, perfect for those wanting to look, feel and perform at their best.



HEMP CONNECT POWER BLEND

A powerful blend of sacred plants; hemp, maca and cacao make up a chocolate, caramel smoothie mix. Hemp Power Blend offers consumers a gateway to effortless nutrition.



08

EAT FROM ALL THE COLOURS OF THE

Rainbow

My patients often ask my advice as to what they should be eating in order to get everything they need from their food. My advice is simple.

Eat from all the colours of the rainbow. Nature has a very clever way of looking after itself and, in turn, when we eat directly from nature, nature will look after us.

By eating foods in all colours every day, you increase your chance of providing your body with all the nutrients it needs. Consuming plant-based foods also improves dietary fibre, antioxidants, vitamins, minerals, protein and enzymes. By adding a quality multi-vitamin supplement to your healthy rainbow diet, you can enhance your nutritional status to an optimal level, making sure you feel your BEST every day!



Solgar, Auckland

SOLGAR® OMNIUM®

An ideal choice for those seeking the 'ultimate' multivitamin for modern life. Solgar® Omnium® is our premium award-winning, multivitamin, offering you a synergistic blend of plant compounds, antioxidants, and specialty nutrients in addition to vitamins and minerals.

Always read the label and use as directed. If symptoms persist see your healthcare professional. Vitamins are supplementary to a balanced diet.

RED

Lycopene, anthocyanin14_064_11668_ original

Benefits: disease prevention, heart health, urinary health, eye health

Best sources: tomatoes, beets, watermelon, strawberries, raspberries

ORANGE/YELLOW

Beta carotene

Benefits: healthy skin, eyes, healthy immune system

Best sources: kumera, carrots, butternut squash, cantaloupe, sweet red/orange/ yellow peppers

GREEN

Lutein and indoles

Benefits: lower risk of some cancers, improves eye health, alkalisng

Best sources: kale, spinach, broccoli, silverbeet, brussels sprouts

PURPLE/BLUE

Anthocyanins, flavonoids

Benefits: improves cognitive function, mood, immune and bone health, urinary health

Best sources: purple cabbage, eggplant, blueberries, concord grapes, blackberries

WHITE

Allyl sulfides

Benefits: supports immune, lymph, and heart health

Best sources: garlic, cauliflower, onions

SOLGAR® VM-2000

A high potency formula, containing 32 key vitamins, minerals, amino acids and botanical extracts. VM2000 is rich in antioxidants and has been formulated specifically to help support you and your body to cope with the stresses and strains of modern life.



Solgar, Auckland

09

Listen to your gut



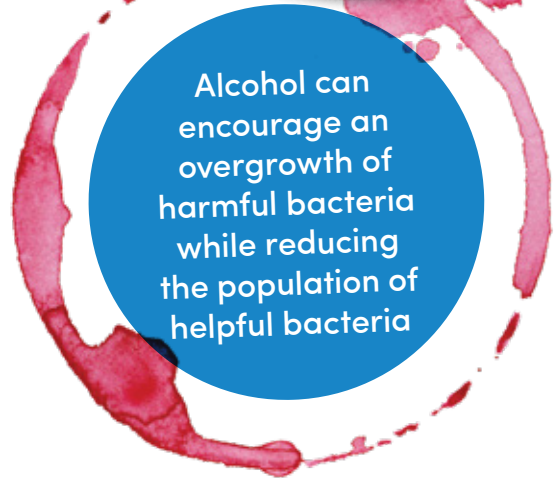
We've all heard the expression, "listen to your gut", or "gut instinct". We often take our digestive system for granted until it starts to go wrong. When it comes to looking and feeling your absolute BEST, your gut is the first and best place to start. Ensuring you have a healthy, happy gut will optimise your overall health and wellbeing, including having a robust immune system - that's when others start seeing that 'healthy glow' we all want!

I find it fascinating that our bodies house around 3kg of gut bacteria. Our insides are a bit like a garden of good - and at times, not so good - bacteria. This internal ecosystem plays a significant part in our health and vitality, affecting our immunity, joint and circulatory health, mood, skin

health, fatigue, our body's response to allergens, hormonal balance and so much more.

Our gut health relies on us digesting our food efficiently. Proper utilisation of food is vital to getting the nutrients we need from it. The old saying, 'We are what we eat' is almost true. Actually I prefer "We are what we digest and absorb".

Eighty per cent of all cells that make up our immune system actually live within the walls of our gut, which is why initial symptoms of something not working correctly often begin here. Stress, toxins, a lack of quality sleep, alcohol, and a diet high in processed foods contribute to our good bacteria being depleted, which in turn lowers our immune system.



Alcohol can encourage an overgrowth of harmful bacteria while reducing the population of helpful bacteria

INNERHEALTH

Everyday gut health, to support your body's natural health response.

Find us on shelf!



SAVE 20%

Gut Unrest

Gut unrest can be caused by a multitude of factors, with symptoms such as bloating, bowel irregularities, stomach discomfort, gluten intolerance, weight gain and many more. A quality probiotic and digestive enzymes can help reset an upset digestive system, as can a detox – talk to your in-store Hardy's expert to find out which one is right for you.

With all that in mind it makes perfect sense to: reduce stress, eat well, avoid toxins, sleep restoratively, laugh often – and listen to your gut!



DIGESTIVE ENZYMES

Digestive Enzymes specialist formula includes ox bile, betaine, pancreatin, aspergillus oryzae, papain and pesin extract. Each of these enzymes target different food groups to give a holistic approach to the digestion from food into nutrients.



VEGAN DIGESTIVE ENZYMES

Vegan Digestive Enzymes specialist formula includes enzymes that do not contain any animal derivatives including lipase, amylase, protease, amyloglucosidase and cellulose.

The digestive process is a complex system in which the body breaks down the food that we eat into nutrients with the help of digestive enzymes, which are produced in the pancreas and small intestines. If we do not have enough digestive enzymes, our body cannot break down our food completely and even though we are eating a healthy and balanced diet, the nutrients aren't being absorbed efficiently. Food allergies, low stomach acid and chronic stress all have an impact on the production of digestive enzymes. If you feel you need some extra digestive support after meals, using one of these Solgar® Digestive Enzymes may help.

Made using only naturally sourced ingredients and innovating since 1947, Solgar® is your perfect supplement to good health – 98% of Solgar® consumers recommend the brand.*

10

Hydration for a youthful glow



As we head into the warmer months, it's more important than ever to stay hydrated.

Good hydration means our brains function better, we get that wonderful youthful glowing skin, our bowels work properly... we even eat less when we are properly hydrated. If you're fully hydrated, your urine should be almost clear, with little to no aroma; a general rule of thumb is that the darker your urine, the more dehydrated you are.

Many of my patients struggle with the concept of having to drink 2-3 litres of water a day. We all know water is important, but gulping down bottles-full like it's medicine can be tough to swallow, both literally and figuratively. My advice is to start slow, find what works for you and build from there.

DI'S TOP TIP

Hunger pains can be a sign of dehydration, so try a glass of water first.



I love to start each day with a glass or mug of warm water with half a fresh lemon squeezed into it. This not only kick-starts the digestive system for the day, but it also gets me started on my hydration for that day.



If you aren't used to drinking water, don't try to plunge into the full three litres immediately; start with one glass a day for a week, or fill up a (BPA-free) water bottle at the beginning of the day and finish it, then gradually build up from there. Try a variety of ways to make it more interesting; add a dash of lemon or lime, some fresh ginger, mint or even frozen berries for a cool treat. If you prefer hot drinks, a slice of ginger and/or lemon in hot water is delicious, as are many herbal teas. Eating fruit and veggies with a high water content also helps with hydration - apples, oranges, leafy greens, cucumber, tomatoes, broccoli and melon are all water-rich and count towards your daily water intake.

Metagenics (NZ), Auckland



ENDURA REHYDRATION LOW CARB FUEL

A refreshing low carb rehydration formula to replace essential electrolytes lost during sweat and physical activity. Supports exercise performance, relaxation of tense muscles and overall bodily comfort.

While it's important to keep drinking plenty of fluids, don't ignore the impact of hydration on your skin. As we age, our skin loses some of its ability to retain moisture, so use a good hydrating skincare product to help maintain your skin's elasticity and give it that supple glow.



NEW TO HARDY'S

The ultimate collagen blend to support inner health for your outer glow



ORGANIC GUAVA RANGE

WORSHIP YOUR SKIN

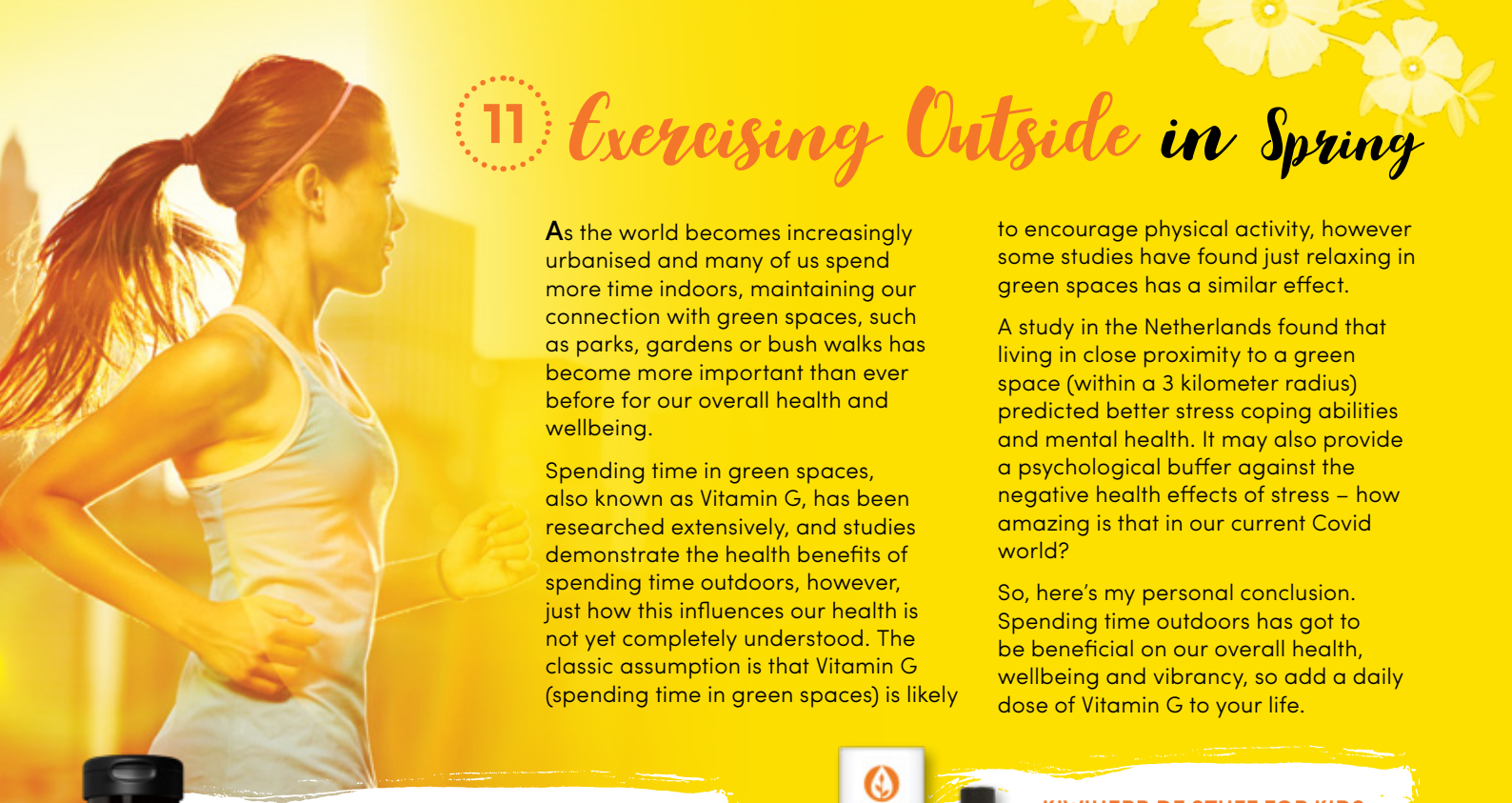
Our guava skincare products can **replenish**, **smooth** and **brighten** your skin while helping to provide **radiance** and **hydration**.

Using a range of ingredients including aloe vera, shea butter, sunflower seed oil, coconut oil and cocoa seed butter, our guava range is designed to help **illuminate**, **refresh** and **moisturise**.



**SPRING SAVINGS
20% OFF THE RANGE**





11 Exercising Outside in Spring

As the world becomes increasingly urbanised and many of us spend more time indoors, maintaining our connection with green spaces, such as parks, gardens or bush walks has become more important than ever before for our overall health and wellbeing.

Spending time in green spaces, also known as Vitamin G, has been researched extensively, and studies demonstrate the health benefits of spending time outdoors, however, just how this influences our health is not yet completely understood. The classic assumption is that Vitamin G (spending time in green spaces) is likely

to encourage physical activity, however some studies have found just relaxing in green spaces has a similar effect.

A study in the Netherlands found that living in close proximity to a green space (within a 3 kilometer radius) predicted better stress coping abilities and mental health. It may also provide a psychological buffer against the negative health effects of stress – how amazing is that in our current Covid world?

So, here's my personal conclusion. Spending time outdoors has got to be beneficial on our overall health, wellbeing and vibrancy, so add a daily dose of Vitamin G to your life.



NATURES SUNSHINE HISTABLOCK

Contains the natural herbal ingredients Organic Elderflower, Ribwort & Echinacea root, which work to support clear airways and help ease congestion, supporting easy breathing in children.



KIWIHERB DE STUFF FOR KIDS

Contains the natural herbal ingredients Organic Elderflower, Ribwort & Echinacea root, which work to support clear airways and help ease congestion, supporting easy breathing in children.

*References available on request



Oasis®
Your new secret weapon against sun exposure

Oasis Sun SPF30 is New Zealand's healthy family sunscreen for sensitive skin, face and body.

Offering UVA/UVB Broad Spectrum protection it's packed with natural ingredients such as jojoba oil, shea butter and vitamin E. Oasis Sun protects and moisturises the skin against the elements.

To get the best protection, don't make the mistake of rubbing it in until it disappears. Instead apply a generous layer to all exposed areas of skin at least 10-15 minutes before going outside. Allow time to let it adhere to the skin where it will become almost invisible.

\$5.00 off
SPF30 250ml
Now \$34.99



12

Support immune health

WITH VITAMIN C-RICH FOODS



- Acerola Cherries
- Orange Juice / Oranges
- Guava
- Bell Peppers
- Peaches
- Mustard Greens
- Tomato Juice / Sundried tomatoes
- Lychees
- Kiwifruit
- Broccoli
- Strawberries

REDD IMMUNE VRL PRO

Supplies your immune system with immediate and sustained support. Adaptogens Astragalus and Eleuthro support stress and healthy lung, liver and immune system. Elderberry, Licorice and Ginger support immune and respiratory systems.



NaturalMedz, Napier

SOLGAR® REISHI SHIITAKE MAITAKE

Solgar® Reishi Shiitake Maitake Mushroom Extract is a food supplement containing a combination of mushrooms; reishi, shiitake and maitake. Many varieties of mushrooms have been used in traditional practice for thousands of years.



Solgar, Auckland

LIFESTREAM VIRO RESIST

A unique proprietary formula with scientifically researched Livoux®, elderberry and olive leaf. For effective immune system function a healthy gut microbiome is required. Lifestream VIRO RESIST recognises this and has a unique double action effect for both immunity and optimal gut health.



Lifestream International Ltd, Auckland

Final Tip

Listen to your body. Your mind is very clever at telling you stories but your body doesn't know how to lie - we just need to learn how to truly listen. The body's wisdom comes from knowing how to keep us safe and well. Once we stop ignoring the messages is when we can truly begin to feel true health and wellbeing.

BIOMAX VITAMIN C LIPOSOMAL

All the benefits of liposomal Vitamin C in the convenience of an easy to use capsule!

- Uses GMO free Quali-C™ from Scotland.
- Dried form of liposome product without preservatives, alcohol or weird tastes!
- Sustained release and gentle on a stomach.



Natural Health Trading, Auckland

NEW From Harker Herbals

Delicious immune boosting superstars to keep your family well all year round!

Suitable for all ages from 1 year



HARKER HERBALS

C

Elderberry + VITAMIN C + ZINC

25 Doses

Fast acting immune support with high strength elderberry

ALL NATURAL PLANT EXTRACTS

Liquid Dietary Supplement 250ML

HARKER HERBALS

C

Olive Leaf + VITAMIN C + ZINC

25 Doses

Fast acting immune support with high strength olive leaf

ALL NATURAL PLANT EXTRACTS

Liquid Dietary Supplement 250ML

HARKER HERBALS

C

Vitamin C 650mg

25 Doses

Fast acting immune support and powerful antioxidant

ALL NATURAL PLANT EXTRACTS

Liquid Dietary Supplement 250ML

HARKER HERBALS

C

Echinacea + VITAMIN C + ZINC

25 Doses

Fast acting immune support with high strength echinacea

ALL NATURAL PLANT EXTRACTS

Liquid Dietary Supplement 250ML

*Receive a free Bronchial Clear 100ml when you buy any Vitamin C+ 250ml, while stocks last

Time for a spring clean!



Hardy's Spring Weight Management & Detox Combo Offer

SANDERSON
GarciniaMAX 95% HCA 60s
plus

SANDERSON
Colon Cleanse FX 60s

SAVE **20% OFF***



SANDERSON[®]

*Offer valid to 30 November 2020 or while stocks last. Take only as directed. If symptoms persist see your healthcare professional. Sanderson Vitamins, Auckland.

NEW ZEALAND'S NATURAL HEALTH SPECIALISTS